

number three

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"If extinction's are comparable to Guernica, the defenseless Basque village bombed into oblivion by the Nazi's during the Spanish Civil War, then the destruction of the entire ecosystems, as is happening in the worlds rain forests and in numerous other places, amounts to an Ecological Holocaust. Only by confronting our environmental Guernicas, assert environmentalists, can we hope to avoid ecocide, the annihilation of our fellow passengers on Earth." -Eco Warriors This zine hence named Holocaust to help verbally (written) attack the modern Ecological Holocaust. The Holocaust that is in my eyes totally comparable to the Holocaust of old. Instead of humans, now it's targeted against innocent creatures who cannot speak for themselves. Since we do not know what it is like to be them, we think they are nothing like us. For meat alone, the amount of animals slaughtered every three seconds is six hundred and sixty six. That's a holocaust right there. Not to mention all of the other things animals are needlessly killed for. Why can't everyone see what I do?

*Holocaust*  
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I can't even begin to imagine how many animals around the world have died for man today. A holocaust of creatures. There only sin was to be born the wrong species. It's really depressing if I think about it. I guess I should be thankful that I was born human, but instead I'm ashamed. Mankind is the plague of the planet. We as a whole lack common sense. We are overpowered by greed and selfish desires, so we lose sight of compassion, respect and survival. An Indian once said, "Without the beasts man cannot exist." Animals are so beautiful, why would anyone want to needlessly kill one? (or a million) If I had to think about it I hat mankind. He has his good qualities but they are far outweighed by bad. I feel so helpless. I wish I could put an end to all of this right now. I have a dream that this will all cease someday. Animals will be looked at with respect and love. They will be given equal consideration. A funeral should be held on behalf of them all. Nature, why does man have to exist? He creates hell, where does man tie into nature? He's definitely lost sight. We can't go back in time and change what went wrong, It's far to late. Step back and consider this all. Reconsider your morals. Think of yourself as the animal that you are. Animals are all equal. I can say animals should all be given equal consideration. Try to think of humans in the natural form, not the human world. The earth is dying. If any of my cats were to die tonight I would sob. I love these animals immensely. Each have totally different personalities. When I observe them, they make life happier. I see them as my children. I did not give birth to them, but I take care of them and love them as best as I can. I realize that because they are my pets and I am close to them, gives them no greater value than any other animal. I respect them all to the best of my ability. I will speak and act for those that cannot. This is dedicated to the animals. They are the reason for this effort.

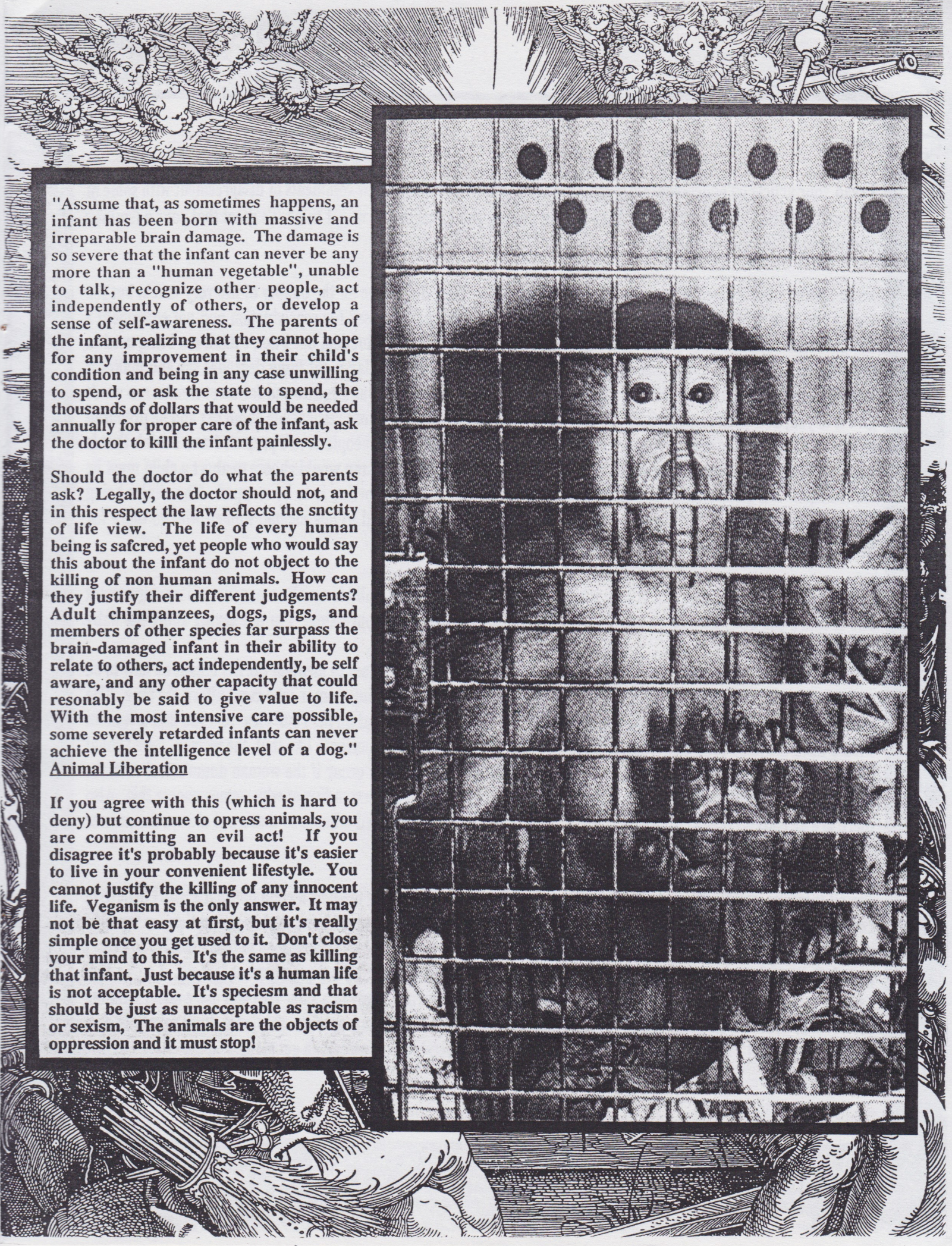






"In the space of a few generations we have laid waste to paradise. The tall grass prairie has been transformed into a corn factory where wildlife means the exotic pheasant. The short grass prairie is a grid of carefully fenced cow pastures and wheat fields. The passenger pigeon is no more. The last died in the Cincinnati Zoo in 1914. The endless forests of the east are tame woodlots. The only virgin deciduous forest there is in tiny museum pieces of hundreds of acres. Six hundred grizzlies remain and they are going fast. There are only three condors left in the wild and they are scheduled for capture and imprisonment in the Los Angeles Zoo. Except in northern Minnesota and Isle Royale, wolves are known merely as scattered individuals drifting across the Canadian and Mexican borders (a pack has recently formed in Glacier National Park). Four percent of the peerless Redwood Forest remains and the monumental old growth forest cathedrals of Oregon are all but gone. The tropical cats have been shot and poisoned from our southwestern borderlands. The subtropical Eden of Florida has been transformed into hotels and citrus orchards. Domestic cattle have grazed bare and radically altered the composition of the grassland communities of the West, displacing elk, moose, bighorn sheep, and pronghorn and leading to the virtual extermination of grizzly, wolf, bobcat and other "varmints." Dams choke the rivers and streams of the land." -ECODEFENSE



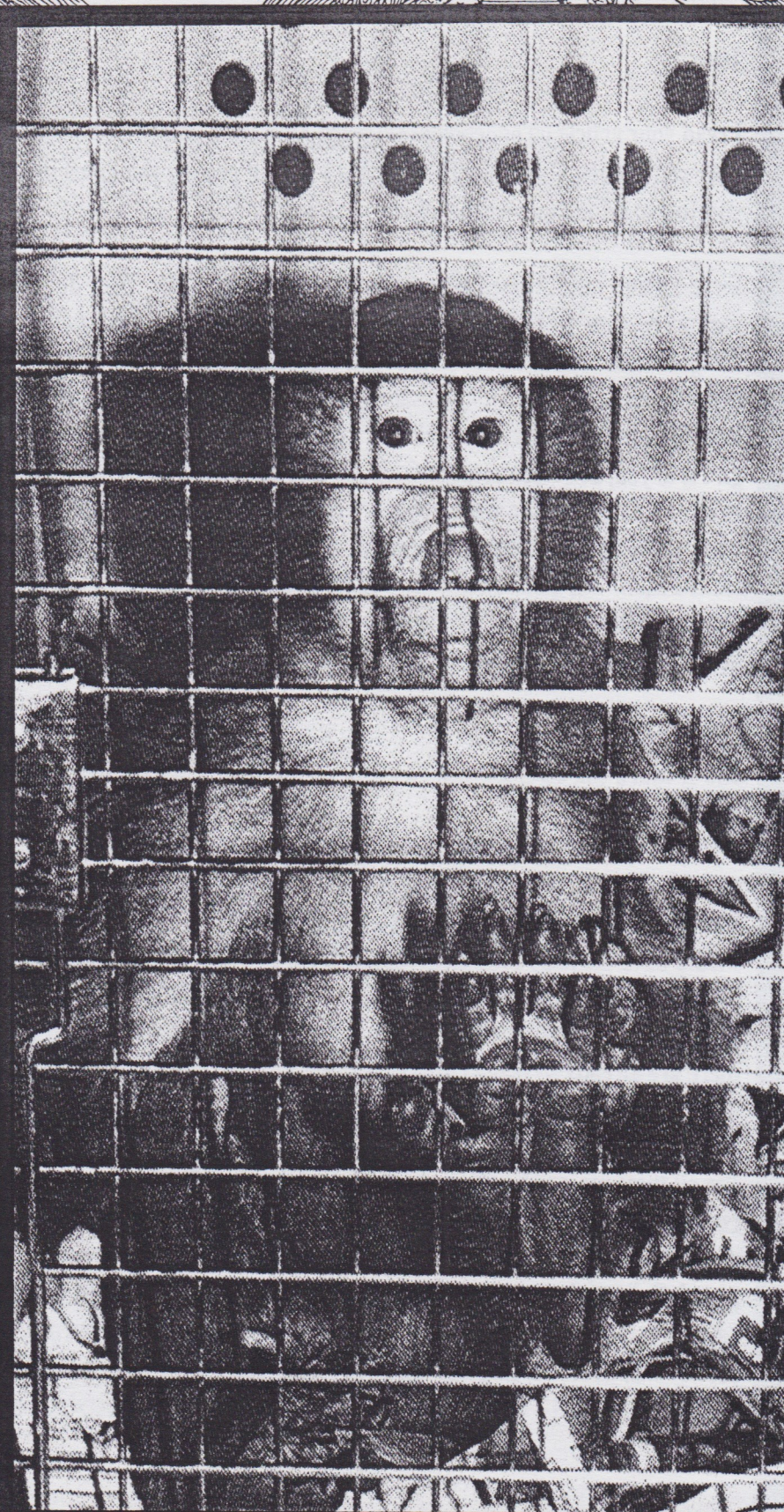


"Assume that, as sometimes happens, an infant has been born with massive and irreparable brain damage. The damage is so severe that the infant can never be any more than a "human vegetable", unable to talk, recognize other people, act independently of others, or develop a sense of self-awareness. The parents of the infant, realizing that they cannot hope for any improvement in their child's condition and being in any case unwilling to spend, or ask the state to spend, the thousands of dollars that would be needed annually for proper care of the infant, ask the doctor to kill the infant painlessly.

Should the doctor do what the parents ask? Legally, the doctor should not, and in this respect the law reflects the sanctity of life view. The life of every human being is sacred, yet people who would say this about the infant do not object to the killing of non human animals. How can they justify their different judgements? Adult chimpanzees, dogs, pigs, and members of other species far surpass the brain-damaged infant in their ability to relate to others, act independently, be self aware, and any other capacity that could reasonably be said to give value to life. With the most intensive care possible, some severely retarded infants can never achieve the intelligence level of a dog."

#### Animal Liberation

If you agree with this (which is hard to deny) but continue to oppress animals, you are committing an evil act! If you disagree it's probably because it's easier to live in your convenient lifestyle. You cannot justify the killing of any innocent life. Veganism is the only answer. It may not be that easy at first, but it's really simple once you get used to it. Don't close your mind to this. It's the same as killing that infant. Just because it's a human life is not acceptable. It's speciesism and that should be just as unacceptable as racism or sexism. The animals are the objects of oppression and it must stop!





Jen,

I read your article on abortion in Unheard Zine #3. I wanted to make a few comments of disagreement with some of your statements. Please understand that I am not putting you down in any way, I think it's great that your a feminist and you speak out on your beliefs.

First, I think most women who are pro-choice are pro-life. They do believe on the quality of life very much, but for various reasons a child being born could not fit into that. Your point on sex for reproduction and not enjoyment I disagree with. Sex is what you make it, enjoyable, beautiful or just reproduction, but I don't think sex being used to degrade, control etc, I totally disagree with. To make sex a beer, and Friday night thing degrades sex and makes it look ugly, but it is what you make it. I agree that there are other ways for an orgasm and for most women sex won't give it to you, also contraception isn't 100% affective, so people should be more responsible about sex and be prepared to have a child, but the way people are raised in the bullshit society, most people aren't prepared and I think that is what needs to be addressed. The social and economic reasons of why a woman would choose to abort a child must be looked into. The poor situations women endure must be improved if abortion is to be stopped. The clinics being stopped because of abortions being performed there are usually dedicated to low income women who go there for health care and not abortions.

I don't understand why if a child is born it will be better than you or I. A child is usually a product of its environment and if that's the case, the child's attitude will be of a society based on oppression. I'm not saying about the baby because of this but I am

saying adoption is not always positive. There are cases of sexual abuse and not to mention the lies taught on how to be sexist (i.e. family values) also 9 months is a long time, especially for a working woman who can't afford the time. The 9 months isn't going to be a feeling of great health and neither is the actual birth. Your idea on rape that a woman should have the baby even after rape, I disagree with. For a traumatic experience like that, the woman raped could look inside the child and see the abuser and abuse the child. A cycle may occur if the woman doesn't deal with the hurt of rape. I'm not saying abortion is the only choice, but rather an understanding of why women choose this. Also there are already so many children waiting to be adopted that already need a home so that's not always the answer either. Also some believe that a child isn't a child until actual birth.

For all these reasons I am pro-choice. I don't agree with all of these reasons to abort a child but that's why I believe in choice. You have the right to do what you want with your own body. I would hope that in a situation for myself I would be strong enough to have and keep the child if I were to be raped, but I've never been in that situation so I can't give definites. Out of respect for my sisters, I believe in the right to choose for yourself what is right. I agree that education is the first step because we all must be taught the lies learned. only in a safer free and more understanding society will abortion stop and that's my life, freedom. I'm just stating my opinion, so please don't take this as a personal attack. It's important that through difference and understanding we can all get along.

jennifer



This is my response to the letter written by jennifer. first off I am not pro life. I am very much anti abortion. To me all forms of abortion are wrong. Life is sacred, its not something you can pick and choose. Who's decision is it? We have so much power over every being as it is, but when it comes down to harming an innocent baby, I don't see your views as valid.

When I said sex was for reproduction not fun, actually when you really think about it is the truth. I didn't say sex wasn't enjoyable, buy the point behind sex is reproduction and if you "choose" to take the step to have sex and you aren't ready for a child you should think twice. There is always that chance, like I said, No form of birth control is 100% effective. I never said you shouldn't have sex, I just think you should keep in mind that there is always that chance. I understand that people are raised in this society to be superior towards all other forms of life. But why should that be an excuse, I'm sure you feel meat eating is wrong and society is to blame, but that doesn't make it OK. These people need to be educated. Which I try to do through my writing. There are other clinics where abortions do not take place that give sufficient health care to low or no income families. These are the types of places that need to receive money form the government so they can expand and multiply, but right now abortion clinics receive most of the money through the government and the other clinics are left to rot. They are being quoted as non valid. What ever that means.

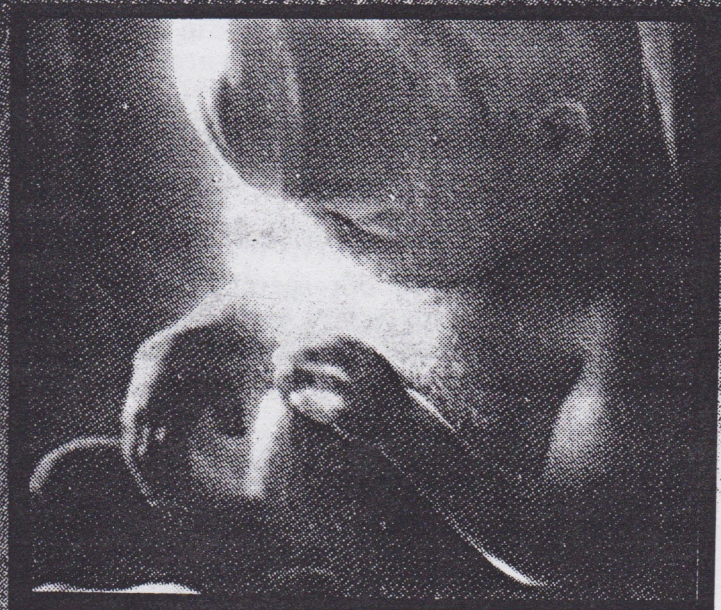
I don't quite understand your point on adoption. Sexual abuse and mental abuse are a factor of the environment, not just adoptive parents. Along with sexism that also is just a screwed up society. Everyone lives through it and there is no way I can justify killing an innocent life just because it "might" be sexually abused or raised to be sexist. I understand both are major problems in our society, but the have absolutely nothing to do with abortion. I know 9 months will not be a feeling of great health, but who gives you the right to kill. That sounds selfish to me. That working woman should have thought of the consequence before she got into that mess. I also see you are into hardcore, which means you are trying to break free from the main stream society. But you constantly use society as your excuse. I don't quite get that. OK onto the rape subject. Abortion is cruel and selfish. I understand that rape is a traumatic experience, but that's no answer. Don't blame the child for the sin of its father. If the woman thinks she will abuse the child than she should give it up for adoption to a family that will care for the baby. There are so many people out there that are waiting to adopt, but the way the system is run its a hard process. and only a select few ever make it to getting a child. Others wait 5 - 7 years before ever even getting evaluated.

Your point that a child isn't a child to actual birth is rather ignorant. Just because it is in the womb, it is still growing developing its outcome is like you and I. When you were a child you developed into an adult, you overcame many stages, well when you were in the womb you were also developing and growing, and that made you the product you are today. If life begins at birth answer this question for me. Why do fetus's practice breathing and eating in the womb? Is it still dead? Dead tissue doesn't breath on its own or grow into a person. If you believe a life isn't a life until it is not dependent on its mother than I wasn't alive until I was about 12?

**ITS PLAIN AND SIMPLE, YOU HAVE THE RIGHT TO DO WHAT YOU WANT WITH YOUR BODY UNTIL IT AFFECTS INNOCENT LIFE!!!** out of respect for women, I am anti-abortion. Abortion is just another way for men to control society Abortion was made possible because of men. They were the first to make women have abortions. Besides women's rights and murder are not hand and hand. That's like saying slavery is OK because of white mans rights.....



Abortion is not humane. It is this sort of superior action that has brought the world to the disgusting point that it is now. Everyone says that they aren't going to let some upper class male tell them that they can't do what they want with their bodies. But it is perfectly fine for the government to tell people it's OK to kill our children? Whether the government is involved or not, it is still wrong. Just as meat eating is wrong. Why, because it is hurting innocent life. Abortion is the same, you are killing an innocent child for the sake of your selfish right. So I ask this question. When does life begin? Is it at conception or at birth? Or is it somewhere in between? Who is the judge of that? I myself believe life begins at conception, while it is merely a bunch of cells, those cells are the beginning of a whole new being. They aren't like the cells that you once scraped from the inside of your cheek in science class. But rather a form of life. The cells from your mouth had no chance for improvement, nothing was to come of them. But the cells that are in your uterus grow and become a life. No other cell can do such a thing, it is amazing. How can you justify toying with such a beautiful thing called life. It seems like the easy way out. From the moment the sperm collides with the egg it becomes a zygote. And from this point on it never stops growing, alone the sperm is nothing and the egg is just a cell, but the moment the sperm connects with the egg, that is a life. It may be growing inside you, but it certainly has its own structure. Soon it will become a little person, at the point of conception physically and mentally we grow until we eventually die. And not giving a child even half of a chance to live and experience life to its fullest is plain selfish. People need to understand sex isn't a toy. It is a sacred thing, only beautiful things come with sex, (except rape of course) . Sex is one of the many social diseases. It's plain and simple, Don't Have Sex, unless you are prepared to handle what may follow. Don't ruin a life for your selfishness. And if you are raped, don't punish the child for the sin of some demons sperm. I wont call him the father, because he isn't. It may seem like I am pounding this into your head, but this needs to be expressed, and I need to get the word out. Abortion is Murder.....







Lately I've been thinking that we haven't gotten very far with Animal Liberation. I run into people at work that don't know the first thing about all of the cruelties that are happening in this world. I guess it just goes to show that we have a long way to go. We have so many more people to reach. That's if we want to accomplish anything. When we are in our little groups we are so high and mighty. But when it comes right down to it we don't do anything to educate others, we never enter the public eye. If only we started doing more. We need to get the word across, because right now its stagnant. The animals are counting on us to pull them through. And what have we done? I know most of us are vegan and that's great, but what have we done to let the public know that we even exist? Most of the people out there don't know what a vegan is. Our eating habits don't show much to the general public. What I want to know is why don't we participate in more happenings? Or even get something together ourselves. There are enough of us out there that we could start something rather impressive. I am just as much to blame as anyone, everyone is waiting for someone to get the ball rolling. I want to get more involved. I am just realizing that what I do compared to what others do doesn't even come close. I hope that someday the word vegan will be listed in every household dictionary, and people out there will know and understand the importance of animal liberation. Procrastination gets the best of us sometimes, but absolutely nothing is going to change unless we get out there and spread literature, protest and inform people about the things happening behind closed doors. If anyone want to contact Kris or myself maybe we could get something started...







In my little dream world, everyone would be vegan. Animal suffering would not exist. Neither would sexism, racism, hunger, or basically any serious problems. There would be no abortion clinics. I know it's a dream and I also know although it is only a few of us who share this dream of respecting all innocent life, it's probably hopeless. But that word probably is where I guess, is some hope. What I'm saying is, it is possible. There would be sooooo much to do to get this world back on track to a dream world. Realistically, I don't think it will happen, but realistically I think it is possible to change everything. We should at least think things through and come to some logical conclusions. When you learn something is wrong, you should change. In some cases you are way off and should change quick! Basically I don't see how anyone can learn how the whole animal industry is needless, harming innocent life and the earth, and still contribute to this. How can you live with yourself knowing your committing an evil act? Are you past the point of learning? Too good to admit your wrong? Too lazy to change? Or is it just convenient not to think? Really start to question yourself, please. You really should look into veganism and think about where the world is headed. Right now, it's not on a path to anyone's dream world unless you're one of the greedy evil bastards who is living off our future hell. I'm begging you to think about the future and veganism!!



Humans are the measure of all things. They set all the rules and live in their self created dominion over this planet. We've been born into the superior animal. We're more intelligent and have more power. We live on the same planet as millions of other animals, yet we live in our own little world, the human one. The one that we have created over the years. The one that's headed to destruction. It's pathetic. Humans need to use the intelligence we are gifted with. Unfortunately the life on earth is not nearly as solid as earth itself. It can be destroyed and should be given a little more respect. I guess people's values on life need to change. We need to look out for each other (all life) and not just our pockets and stomachs. We are only temporary. The world doesn't revolve around us. There are billions of other lives that we need to consider in our lifetimes. We share this planet with them and future lives. Hopefully, we'll use our intelligence to get ourselves out of this mess we've created. If its not too late.





**If Slaughterhouses Had Glass Walls . . .**



**...The Whole World Would Be Vegan!**



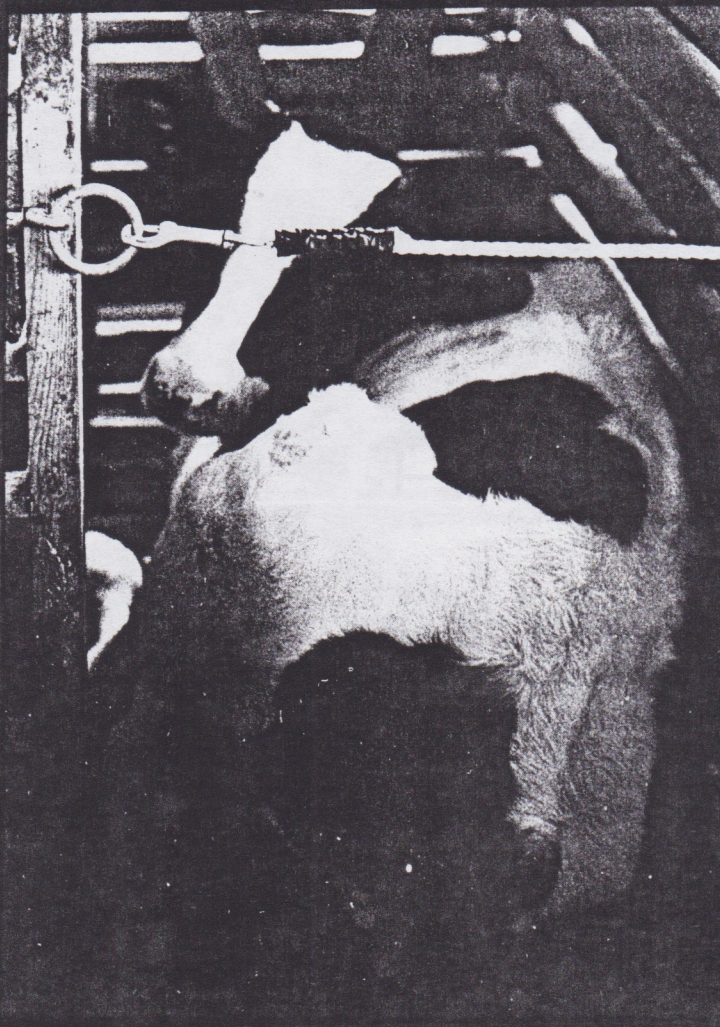
# VEGANISM?

Why veganism? So many people go vegetarian for animal rights reasons, but then when they hear of veganism, you should realize that although you are not directly killing animals, you still are inflicting needless suffering on these animals that you care about. If you can live with that...How do you explain it to these animals? This will mostly be about ethics and not an awful lot regarding health.

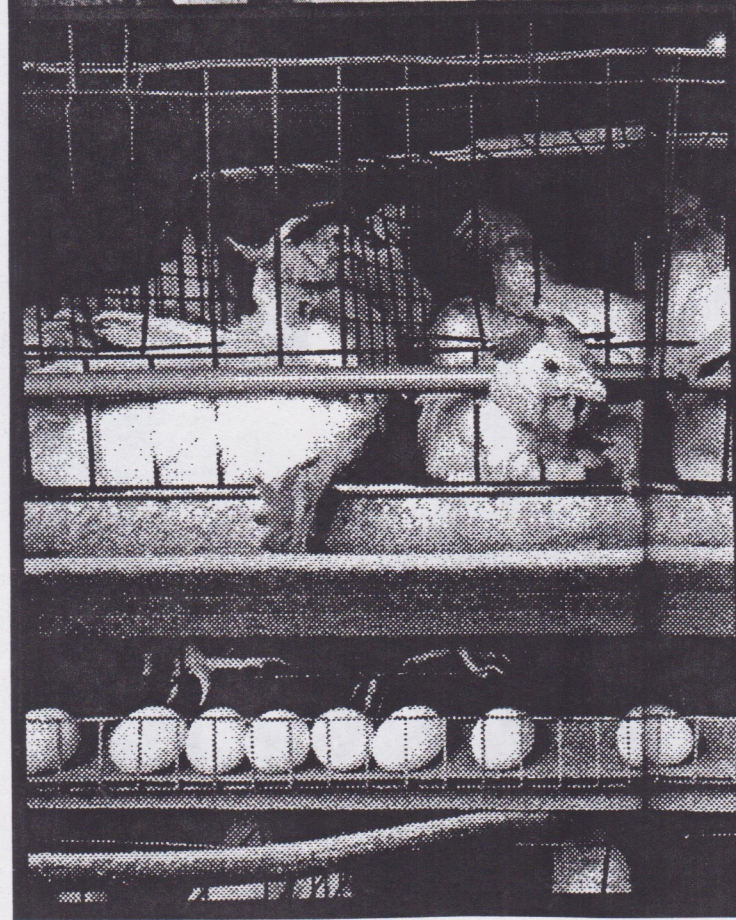
So what's wrong with milk? Plain and simple, cows milk is for calves just as human mothers milk is for her baby. Not anyone else. Humans are the only animal that drinks another animals milk. The only animals milk we need is our mothers when we are young. Besides this fact you may wonder why avoid it, its not killing them. True, but they are living worse than slaves used to. Now days, on factory farms, the conditions these animals endure is a living hell. The cow is artificially inseminated which basically means forcefully impregnated. (sound like rape) So she is pregnant for a period of nine months. After the calf is born, she produces milk for the next ten months. After about three months of milking she is impregnated again so for the months to come she is pregnant and producing milk at the same time. Up until two months before the next calf is born. This happens around five times at which she becomes worn out. When this happens she becomes hamburger. Under these conditions she only lives a short seven years. Cows under normal conditions live fifteen to twenty.

What happens to the calves that are born? Well around the fourth day after it is born it is stolen from it's mother. The farmer loses money if the calf drinks this milk. At this point if it is male it is sold for veal, veal calves live in crates so small they can't turn around in the stalls. Everyone knows about veal so I'll go on. If it is female it is kept for the whole process it's mother endures. Basically if you drink milk you are supporting the veal industry in the long run this means that mild is murder. These dairy cows are more like milk machines and veal factories. Farmers are only considerate when it comes to their wallets.

Something most people aren't aware of is a lot of cheese has a hidden ingredient in it







called rennet. Rennet is from the lining of a calves stomach. Which means...Cheese isn't even vegetarian!! Now on a natural farm a cow wouldn't be burdened with caring too much milk. But on the factory she is milked dry by the dairy's pumps and her body is forced to replace it faster. So she is really producing a lot more milk than she is supposed to. If you think your avoiding factory farm products.. Well 98% of the milk in the U.S. comes from the cows on factory farms. Besides, cows originally were only living in India. They did not exist in the areas of the earth they do now. Do you think back then, that other humans that didn't live in India worried maybe that they should move to India so they wouldn't have to risk the danger of not having cows milk in their diet? Or today, have you ever heard of a disease of sickness that is a result of cow's milk deficiency? If you were to think about how much people think they need this as part of your daily diet through the four food groups. The four food groups are a lie in themselves seeing they really are an advertisement in part by the meat and dairy council.

Many people are lactose intolerant, Lactose is sugar found in milk. Their bodies are unable to digest it. These people are gifted in a way seeing their bodies are rejecting these harmful substances. The bottom line is **HUMAN BEINGS DO NOT NEED COWS MILK!!**

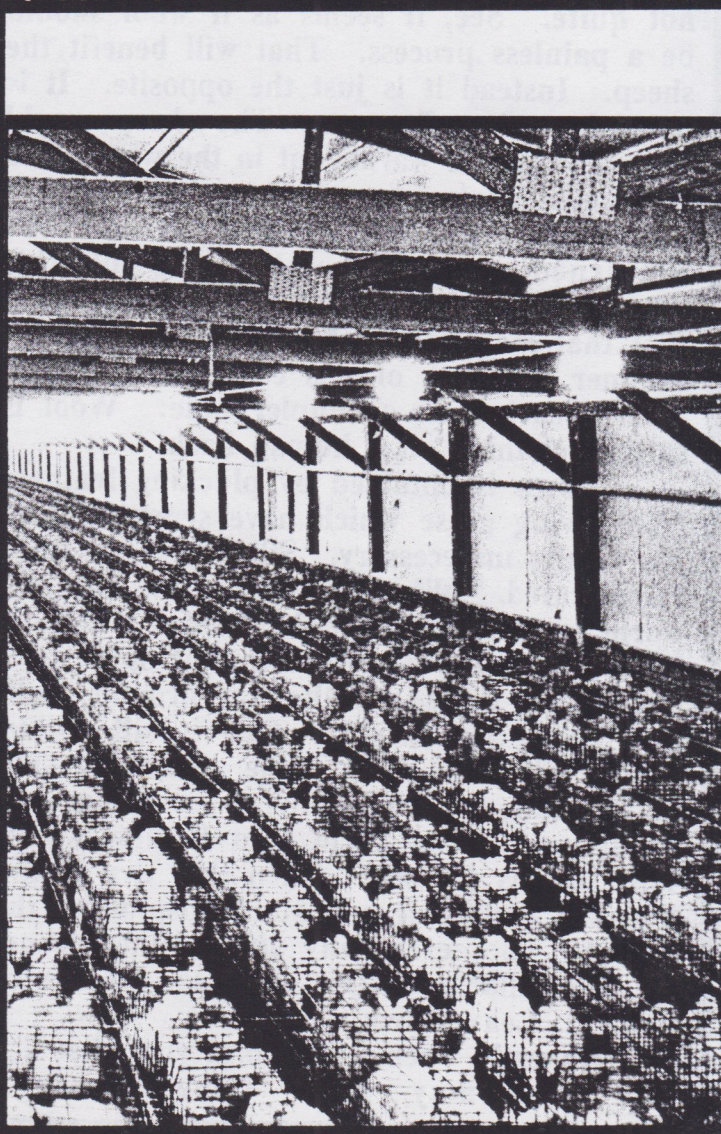
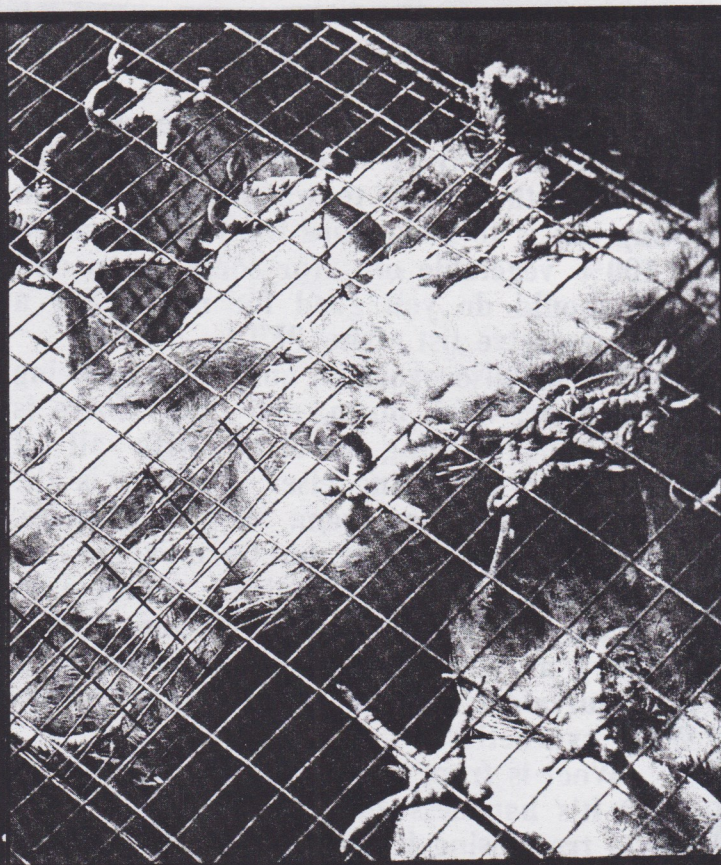
Eggs. Vegans do not eat eggs either. It's partially because of the harsh conditions that exist in factory farms. Hens are considered more like egg producing machines than animals. All the farmers are concerned with is mass egg production. When chicks are born, they are immediately sorted into two groups, males and females. The farmer sees the male chicks as having no commercial value, so to him they are equivalent to garbage so they are discarded. There are a couple ways this is done. They are either gassed, dumped into plastic bags and left to suffocate from the weight of the pile. Or ground up while still alive for feed for their sisters. This happens to over a half a million chicks everyday in the U.S. So murder is directly involved. To me it seems clear that eggs aren't even vegetarian. Maybe by definition, but that's it. As for



the female chicks, they are left to live out nightmares. They are raised to do what their mothers did, mass egg production. Laying hens live under anything but considerate conditions. They live out their lives indoors and in most cases are put in a cage shortly after birth. These cages are stacked in tiers, row after row. They have sloping wire floors so the egg will roll to the front they use wire floors so their excrement will drop to the floor. It is then allowed to pole up for months until being cleaned. Their feet aren't adapt to living on wire floors, so they suffer damage to their feet. Having no solid ground to wear them down their nails grow extremely long and many get permanently tangled around the wire. Under these crowded conditions, it is necessary to de-beak these hens to prevent cannibalism. This usually happens around 12 - 14 weeks of age. You should be getting the idea by now. This id all so people can have eggs. Eggs which are high in cholesterol and fat which our bodies simply don't need.

Honey, seem a bit extreme? They don't hurt the bees do they? Well it's simple, the honey is for the bees. They work all summer gathering it for their winter food supply. They need a high sugar fuel to carry on their metabolism so they can make it through the winter. The beekeeper takes (steals) the honey and just simply kills the bees. He either burns or gasses them. Since he is exploiting for profit, its cheaper to just get new bees in the spring. This is how a majority of the honey is obtained. Local beekeepers may use different methods but it's still the bees food. It's theft on a different level, an evil one. So use another sweetener, its not that hard.

One thing that takes a little getting used to while turning vegan is reading ingredients. There's a lot of little things that most people aren't aware of. Here's a couple: Casein - I first found it in soy cheese. It's "Non-Dairy". But it is basically a milk protein. Lactose - This is a milk sugar. Mono and Diglycerides - These are fats, not always animal derived, but it usually says vegetable if it is. It's in a lot so learn it. Whey - This comes from milk. It's in a lot of sweets. You'll see it. Gelatin - A protein from cattle and hogs.





**Lard** - Fat from hogs. **Lactic Acid** - It's a sour milk product.

**Lecithin** - From eggs or soy beans, it's a gray area so stay clear unless you know for sure. Another thing to watch out for when eating out is to make sure the food is cooked in 100% vegetable oil. (or some vegan oil.) That should do you good for now. For a more extensive list write PETA.

Vegans also avoid all animal skins, being fur, leather, wool, down, and silk. There is plenty of suffering involved with all of these, wear something else. Leather is the hardest to get away from. It's everywhere. If you wear leather but are vegan or vegetarian you're being extremely hypocritical. The meat, dairy and leather industry all fuel off each other. Leather is the equivalent of meat. Need I say more. Wear synthetics.

Wool is from sheep. Most would like to think it's harmless and necessary. Kind of like a tree losing it's leaves in the fall. But not quite. See, it seems as if wool should be a painless process. That will benefit the sheep. Instead it is just the opposite. It is painful, to benefit man. The sheep would normally want a warm coat in the winter and a thinner cooler one during summer. At least you'd think. In reality the farmer isn't concerned with the well being of this animal. They are bred to have such a thick coat that many die of heat exhaustion in the summer and lack of this coat during winter from shearing on a simpler note: Wool is sheep's clothing on a human back.

Down is obtained by plucking feathers from living geese which have sensitive skin. It's totally unnecessary. Silk is a little more complicated. When it is time for the silk worm to turn into a moth, it spins a cocoon, by synthesizing a protein that it spins in a long single thread all the way around itself. One continuous strand. This is silk. The people who make silk come along and snip off the canons with the living caterpillar still inside and drops them into boiling water. This softens the silk. Then they dry it and find the end of it and start unspinning the strand. They eventually unravel the cocoon, the caterpillar is by this time dead. A simple thought, Leave them alone.

Honestly when you change your diet like this you may have some cravings.

Fortunately there are substitutes for almost everything. Things like soy milk, nayonaisse, egg replacer, tofutti (tofu ice-cream), Tofutti better than cream cheese, etc... You can even make a fake cheese with nutritional yeast. Explore any health food store and see what's there.

The big question everyone asks is, "What do you eat?" Some suggestions: Breakfast; cereal with soy milk, bagels, English muffins, oatmeal, fruit. You can even get recipes to make pancakes, waffles and French toast. Lunch and dinner, this is endless. Spaghetti, Bean tacos, soup, veggie burgers, stir fry, pizza with no cheese, veggie chili, barbecue tofu, and the list goes on and on. Get a vegetarian cookbook, they have tons to vegan recipes.

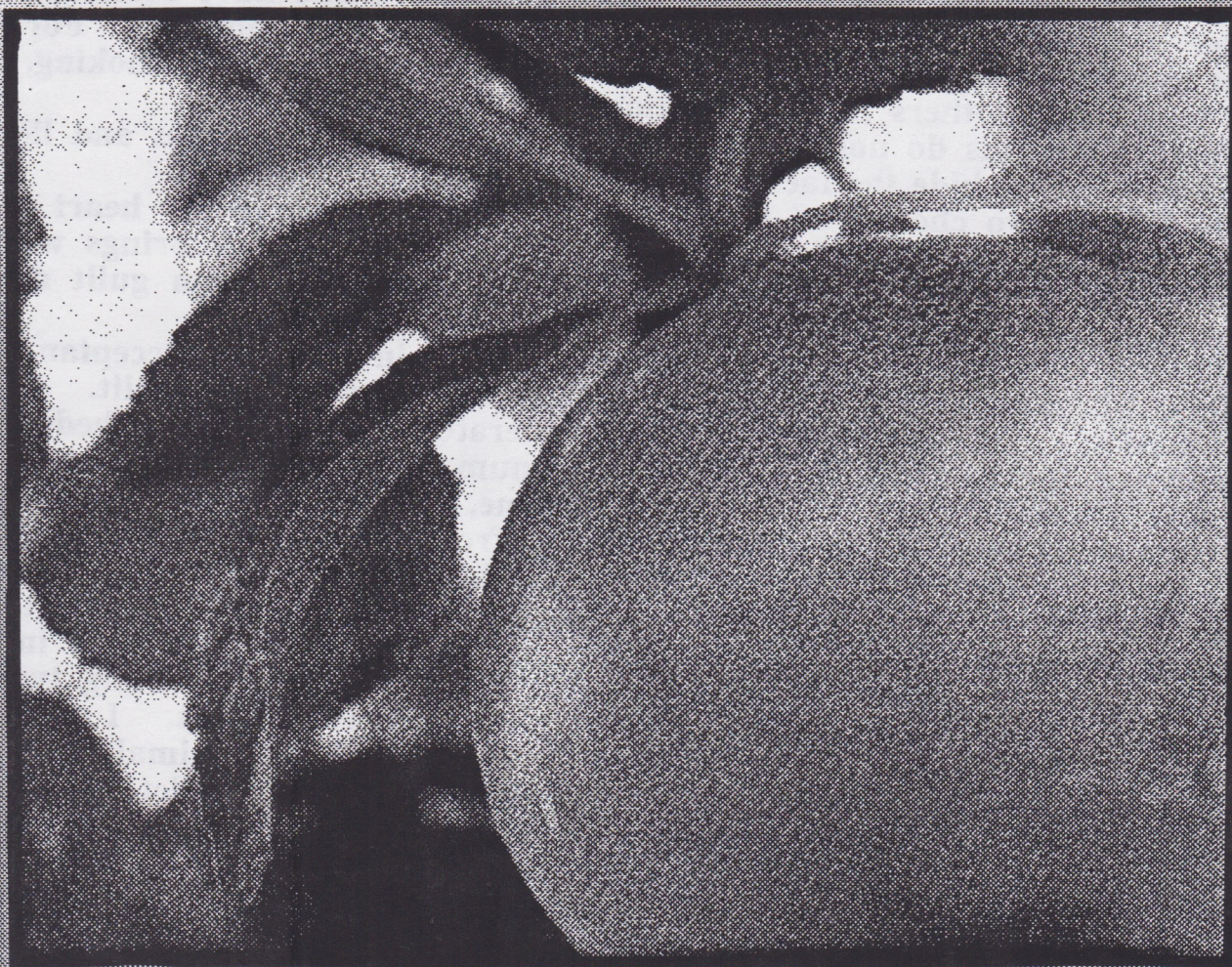
Some make conversion of diets in a couple different ways. When I went vegan it was an experiment for one week. At the end of the week it seemed so easy I just stuck with it. Another idea is to slowly cut out things. Like quit eating eggs and then milk. Then try cheese and so on.. Until you have changed completely. If you are feeling weak, think about the animals.

After you've completely changed it's not over. Read and educate yourself and try to constantly better yourself. You will feel better about yourself knowing you've helped the animals and the earth. Therefore helping yourself. Animal liberation - GO VEGAN!!!





Plant rights. Don't plants have just as much a right not to be killed for food as animals? If someone wants to, they'll think of anything to assure themselves that they're not wrong. A guy at my work actually argued this with me. I always hear that plants cry or scream. Well there is a difference. For one, it's natural for humans to eat plants, but not animal products. It's the way our bodies are designed. Our digestive system can digest animal products as we all know, but it is much easier to digest plants and vegetables. It's also much better for our bodies. If you don't know this by now, please go directly to Diet for a New America. If it were natural, a human would be able to run after it's prey, knock it over somehow, sink our teeth through its back and start ripping at it's flesh. That just isn't possible. One may argue that because of our superior intelligence we don't need to do this. Well, if we used our intelligence, we would realize that it's not good for our bodies, the animals, or the earth and would therefore change. Animals end up paying for this from pain, suffering, and death. The reason we know animals can fear and feel pain is because they have a nervous system. They also have a brain to acknowledge this pain. These animals do experience pain and suffering along with other feelings. There is no reliable proof that plants can experience pain or pleasure. Nothing resembling a central nervous system can be found in plants. We have to eat something or we'll starve. It's natural for us to eat plants, it's part of our survival. We can survive fine *without* animal products.





Perception. We all assign values to everything. What is insignificant to you means the world to someone else.

Take smoking. Twenty years ago doctors wouldn't even recommend you quit. Then it became generally regarded as a bad habit. Now it's hated. What's changed about smoking? Nothing but the way people look at it.

I've known, all of straight edge has known it's a despicable, selfish behavior performed out of weakness with a blatant disregard for others. Earlier this year the Environmental Protection Agency confirmed this. This agency's report on second hand smoke proves it's link to the death and illness of non-smokers. Suddenly, smoking is being banned in public places. It's being recognized for what it truly is, what it has been all along, not just suicide but murder. Yet nothing has changed about smoking in the last 20 years. What has changed is peoples gradual rejection of smoking over this period.

A few years ago I was looked upon as an extremist because of my hatred for smokers. When I confronted them, smashed their cigarettes, passed out flyers, and fought them every way I could I was perceived by most to be a fanatic. Militant straight edge was not in fashion. Now we're in the majority. The whole nation feels the same way. What's different about smoking? Not a damn thing. But because some still spoke the truth in our time of darkness, because some had the courage to hold fast to what they knew was right, because some stayed true to their perception, now the truth is being realized. Smoking is on its way out.

Yes, perceptions have changed: other peoples. Mine have remained the same. I've always hated murder. I've always hated smoking. For the same reason I despise the torture of animals as well. As with smoking, I'm not going to let others false perceptions limit my own.

Absolute truths do not bend for any man. All the cover ups and lies in the world cannot hide the fact that meat and dairy mean murder.

So I have two choices. I either embrace what I know in my heart to be right or accept some level of compromise. The first choice brings with it condemnation by my peers yet it also brings liberation from guilt and a sense of honor.

The second choice, that of compromise, results in a greater acceptance by society, but also brings feelings of unfulfilled potential and guilt. I, for one, couldn't care less about what a degenerate group of selfish, hedonistic murderers think of me. Like a Maximum Rock'N Roll review, it's actually a complement if they don't like me. So I choose the truth and I live the truth every day. Animals deserve freedom. Period. Anyone who knowingly violates their rights deserves death. Period.

At present, I am in the minority, but with courage and a steadfast will one day this will not be so. For I am in the right. Veganism is in the right. I will not cater to the self serving opinions of meat eating tyrants who derive pleasure from inflicting pain upon the innocent. I will not silence my voice nor limit my actions for anyone. The animals and the earth are suffering too much pain. They are too important to let this slide.

To those who argue for moderation- stay out of the way. I won't sell my soul for your acceptance. I don't need your approval because the truth is on my side. This evil empire will fall and it starts with me. No apologies. No excuses. No compromise. Destiny awaits..... Mike / CaringXEdge





When I was around 12 years old, I lived in the country. Across the street was a corn field followed by another corn field and then some trees. It was nice now that I think about it. We saw a lot of wild animals, something I miss now. One weird thing I distinctly remember is how me and my friends next door knew almost everyone that drove by. The thing that is weird is there was this guy named Jim that we knew as the trapper. We knew he trapped animals for their fur. I can only speak for myself now and say I always thought he was wrong doing this. It kinda takes a weird kind of person to be able to do that. In my eyes he has some devil inside him.

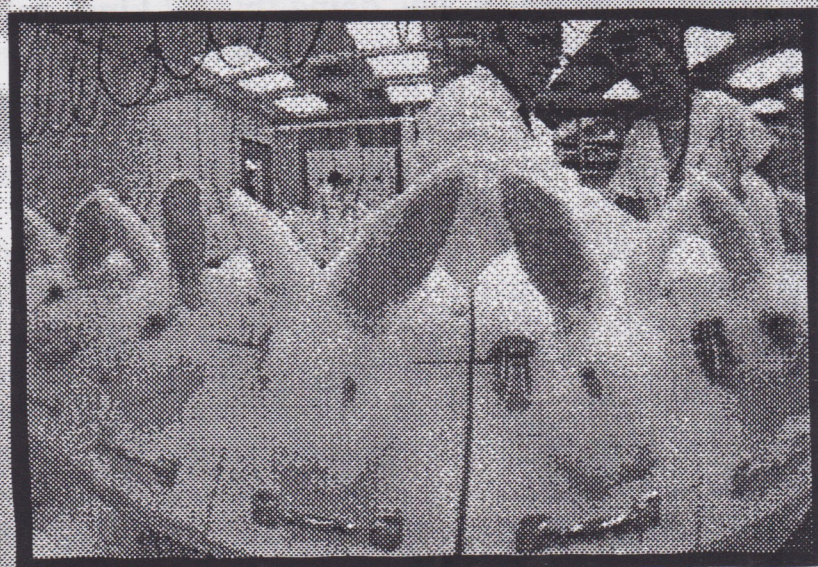
Now living in the city, I've lost touch with reality. I live in the human world. As I've aged, I've learned of many of the wrongs of this people world. I've been made aware of them. I always saw the link between fur and cruelty. How could someone not!

The other day I was at the grocery store and I saw two women that were wearing fur coats. Now I see these women as either being severely blind or containing a little devil in them. It's almost 1994 and fur is still out there. PETA sums up our thoughts- "There's no excuse!"

It's time to put every furrier out of business. Every person you see with a fur has to be confronted in some way or another so they know it's not acceptable anymore. Spit in there faces, they deserve it. It's the closest cruelty to ending and the others will eventually follow. Protest fur stores, confront people, break the law, *just do something!*



Vivisection is surgery on living animals for medical research. Surgery on living animals that are not exactly like us. The majority of diseases that affect humans, do not affect other animals. Yet, humans still think, why not test on these animals and see what we can find to benefit man. Now the problem here is man seems to think he is so superior, that he can do whatever he wants to these 'lower forms of life'; That everything on earth was put here as a tool or natural resource to the human animal. In our little world we play god. Now I don't know if there is a god or not, but I don't think he'd have the whole planet as our resource. Anyway, seeing that most vivisection doesn't apply to man, must leave that some does help. All I need to say is that these innocent creatures should be able to live their lives peacefully without the interference on nature, by man, to torture them for his *possible* selfish medical discovery. In this case meaning selfish to benefit man no matter at what expense to the "lower form of life". Now you have to realize, these animals were *not* put here simply for our benefit. There should be treated as our equals. Not as in they should be allowed to do things that a human would, but to be given equal consideration. Better yet, to live out their lives untouched by humans. I see these animals as deserving equal respect. They obviously are not getting this. So it is necessary for others to get involved. Just as one would interfere with the harming of an innocent human, I feel it is necessary to interfere with the harming of innocent animals. These animals cannot fend for themselves, they are helpless. They need protection and any interference is necessary. You can call it terrorist if you want, but I don't see that as a bad thing. Forcing someone to do something that isn't hurting them is fine with me. Basically there is just no excuse for vivisection. There are alternatives such as skin cultures and previously gained information. Just leave the animals alone. If it is so important that it will benefit man, let man be tested on. If he doesn't want to, at least he can speak for himself. He can't be volunteered by someone else. Unlike the animals who pay the price unwillingly.





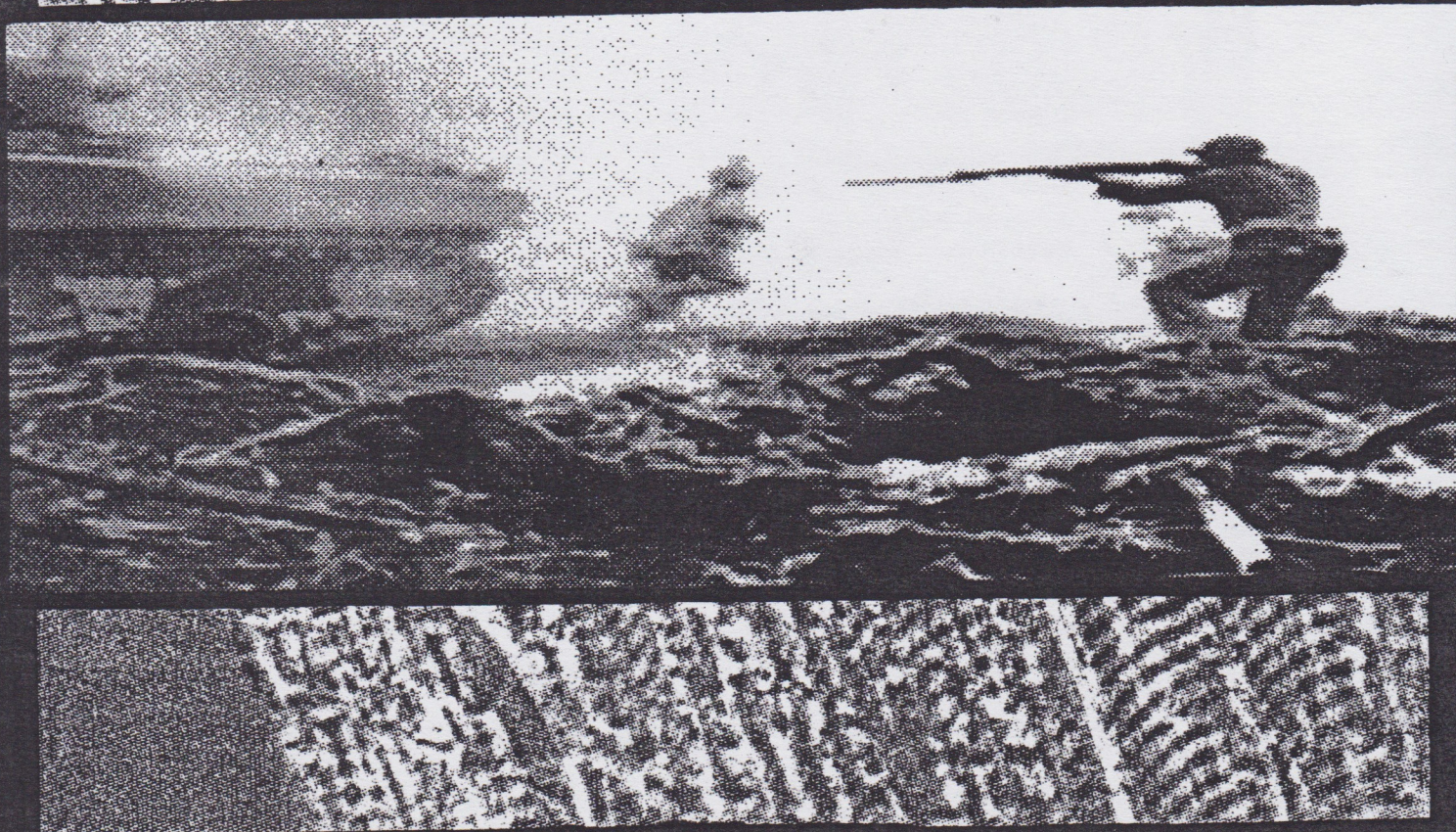
Biological diversity. The biological diversity of a place is its resemblance to what it looked like before people interfered with it; that is the non-living and living aspects of an ecosystem. The living aspects being the plants and animals, the non-living being mountains and streams, etc. We all contribute to this unfortunately, to some extent. This house I live in hasn't always been here. But I need a place to live so I am unfortunately caught. I can only do so much. I don't see this as totally wrong, seeing it's part of my survival needing a place to live. What is wrong though, is when its unnecessary. The earth has almost lost its' biological diversity. What hasn't man fucked with? It's scary. He's even gotten away from the land to the ozone layer. This earth used to be such a beautiful place. I know there still are some areas left that are pretty much untouched, but how much longer will they exist? I mean 150 years ago, North America was a paradise, Now its the good old USA.. To me that means , taken over by man. He owns it right? He owns the whole planet. Anything he can get his hands on, he claims his own.

So what are we supposed to do about this? It's out of hand, Right? Well try to realize when you are getting involved when you don't need to. Usually it's not an individual who is doing wrong, but rather a group. A corporation. When a group decides to make a new road or clear a patch of trees for some reason or another, it's hard for you to stop it through the courts, or you can take it into your own hands. If you can get a hold of Eco Defense or Eco-Warriors read them. If nothing else, they're really interesting. The most you can personally do is watch the amount of harmful activities you engage in. Change your diet to better this earth. Veganism does a lot for the environment. Even being vegetarian is a step in the right direction. It gets a lot done. Or really makes it so a lot doesn't get done. Try to recycle and cut down on waste as much as possible. The more to add to this human dump. It doesn't disappear. I know you can't be perfect, but try to do the most you can to better the planet. Because we need it. So your in a way bettering yourself. Just don't contribute to this mess if you can help it. Biological diversity is a beautiful thing. Let's try to keep some around.



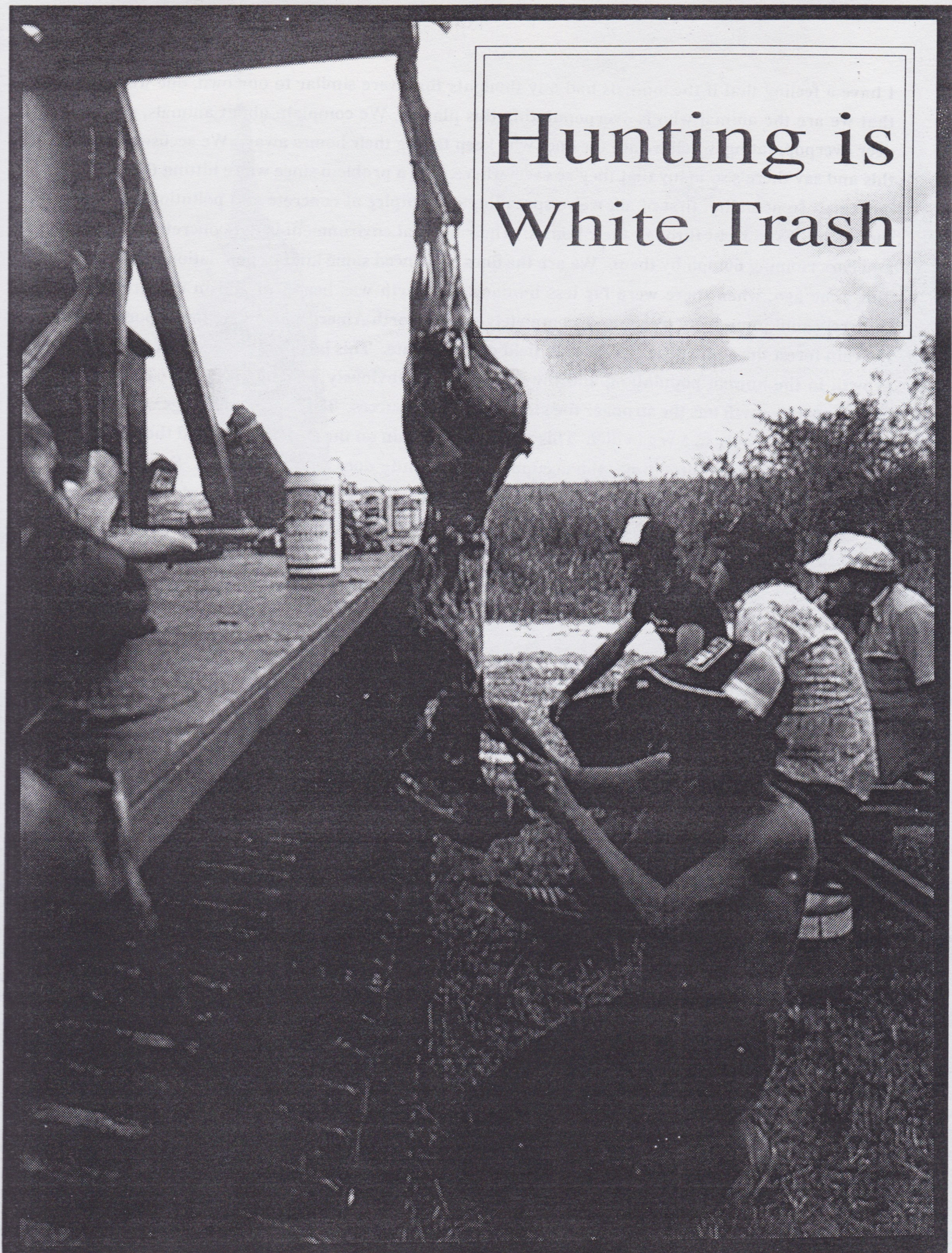


Fascism. Militaristic Dictatorship. Yup, that's what some people call vegans around here. What a fucking cop-out! Anything to shift the blame. If you weren't so blinded, you'd see the animal;s that you seem to dictate around for your selfish desires. Not needs but desires. If you want to talk about absolute dictatorship, open your eyes, you're being controlled so well you can't stop eating these products. You're simply taught you don't need to stop. The same people who tell you these lies are making millions of dollars of your ignorance. While on one hand you may learn about how this is bad for you, next thing you know these fascist millionaires convince you it's not true. And you beleive because it's easier than a crimp in your lifestlye. Your being controlled. And its choosing others fate, others who have absolutely no controll over your decisions. They are powerless. That is fascism. That is exactly what fascism is. I wish I had the power to controll everyone so I could turn this world into a vegan paradise. It wouldn't hurt us, but would save needless suffering on our bodies, the animals, and the earth.





# Hunting is White Trash






I have a feeling that if the animals had any thoughts that were similar to our own, one would be that we are the animal who is overpopulating this planet. We complain about animals, such as deer overpopulating, when we are the ones who keep taking their homes away. We accuse them of this and say there's so many that they're everywhere. It's a problem since we're hitting them with our cars. In actuality, first of all, we're spreading our empire of concrete and pollution all over the world. Even right through their homes. Their natural environment is not concrete highways and cars running 60mph by them. We are the ones who need some kind of population control. A long time ago, when there were far less humans, the earth was beautiful and in no threat. A squirrel could jump from tree to tree completely across North America. Now we lose a portion of the rain forest the equivalent of a football field every minute. This is directly because of the mass growth in the human population, and the meat habit. Obviously we can't go back. The more occupants this earth has the stronger the strains on its resources. There are two things we need to do. First switch over to a vegan diet. This will put less strain on the environment and the animals. The earth could hold three times the occupants it currently does on a vegan diet. Second, limit yourself to only one child. There's a lot of other things that you can do to help the planet, so don't limit yourself by any means. Just don't ignore it. It's not going away!






sirens echo through the night. i think of all the animals that have been slaughtered this week, upwards of 36 million. i think of the cow's neck being slit; hooks forced into the tendons on his back legs, just above the hoof; feet cut off; i think of his head being chopped off; his skin being stripped away; finally, being chopped up into nice plate-size, packageable chunks. i think of the bloody mess, the cries of terror and sheer agony. i think of what must be going through this innocent, peaceful animal's mind. confusion. extreme fear. unrelenting pain. why can't everyone see this picture? why does everyone still buy into this brutal industry? why is it that if you beat a cat or dog you get arrested, but the systematic slaughter of cows, chickens, and pigs goes on at a rate of nine million deaths per day? how can we expect peace and a gentler nation when we still implement such a system? when will people realise that what they think tastes good is not good for them, is not good for the planet, and is an extremely cruel meal? why can't we all see that all animals are the same, all feel pain, all can suffer? why do some get table scraps while others are the table scraps? i shed a tear on this night. the sirens are gone, but my mind and heart are still in a state of unrest. i cry. if i could take the burden of tomorrow's nine million animals, i would do it in a heartbeat. this won't happen, though. as the sun rises from coast to coast, the blade will fall on many animals, until the sun is gone again. nine million innocent lives will be wasted tomorrow for your greed, your fucking tastebuds. i only wish you could wake up and see what i see. i only wish you weren't so selfish, so unwilling to change a small part of your life. i only wish you could see through the lies they feed us all. i only wish you cared. as the blood of our brothers and sisters prepares to be spilled, i cry for them. i cry and hope, that some day all people will see the urgency of living meat-free. i hope my friends can live again. until this happens, i too am encaged. i bleed when they bleed, i cry when they cry. i live to speak for them, and fight for them. i will do this to the utmost of my ability. i swear on their lives and my own, their blood will not be shed in vain.

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Everyone is so worried about losing their freedom their rights. They seem to think the freedom of choice applies to everything. There obviously should be a freedom of choice in our lives. But, your freedom of choice should end the second it begins to harm innocent life. This idea seems to be solid on every case. One big thing that bothers me that I have no control over is smoking. Your choice to smoke ciggarettes shouldn't be a freedom when others have to suffer while they would definately choose not to. Your freedom is making others suffer in the long run, it should be lost. Some of you think when it comes to being vegan, its your personal choice. The animals would never choose to suffer at your hands. Your choice is directly harming millions of animals, the earth, and your body. Choose what you want with your own body, but realize the suffering you are indulging in. Abortion. I'm not getting to deep here but,... I know, it's taking away a wamans right to choose what she wants with her body. What about the baby's simple right to be born? I've heard one say your body isn't a baby factory. Well, it isn't a slaughterhouse either! You have to be responsible though. Its an innocent life, you can't deny it. I don't expect everyone to agree with this but you have to admit it makes sense. Humans should not have the right to do anything that harms innocent life.






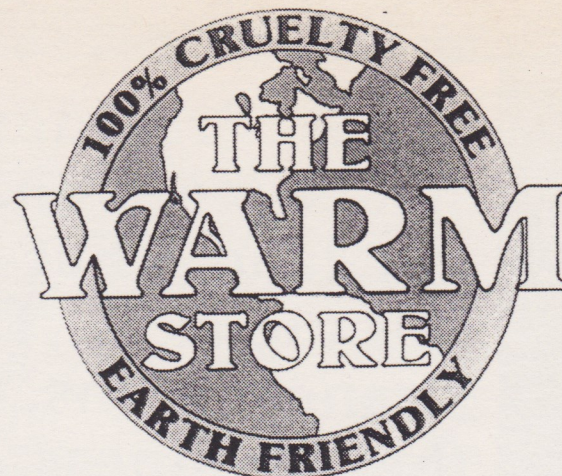
At first I wasn't going to write anything on abortion because I am male and it wouldn't get as much respect. But now that I've thought more, I was way off. People say how it would be selfish for a guy to "decide. But let's get real here. If I was really selfish, I would be pro-choice. Fuck, I wouldn't have to worry about commitment or responsibility. But instead, I am respecting women, by not going out and 'fucking' them. If your not being responsible, I'll call it fucking. So if you say I have nosay because it's your body and I won't have to live with it.....you better be prepared to be a single mother. I know that baby would like a father and so do you. What I'm saying is the male has just as much responsibility as the female. The child is born half of each of these *partners*. That last sentence says alot! Basically it says that each partner has equal say. So now of you think you have some "right", your obviously looking for an easy way out.



Another stupid thing I've heard several times is that just saying "go vegan" isn't going to change anyone. Well it does help with open minded people who still can learn. Back two years ago I was at a Syracuse skate warehouse and I saw some spray paint that said "Go vegetarian" except the vegetarian was crossed out and it said "Vegan". At that time I was vegetarian. I was totally into animal rights as much as I could be, I thought. I honestly knew that veganism was alot more compassionate towards the animals. It kinda made me think about it(the more people think about it, the better). Now I didn't turn vegan because of this. That would be silly. It opened my mind to alot of thinking though, and I did eventually change my diet completely. The more people see this word the better. They will become aware and the more aware people, the better the chance of them turning vegan. It just has to keep snowballing. So write it everywhere. Vegan awareness. It would be cool to go anywhere and say "is that bread vegan?" and have them actually recognize this word. It would be alot easier than going "does it have any dairy or eggs or any animal ingredients?" I sucks having to explain this. It should be easier. We will continue to say it, **GO VEGAN!!!!!!**







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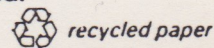
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"The President in Washington sends word that he wishes to buy our land. But how can you buy or sell the sky? The land? The idea is strange to us. If we do not own the freshness of the air and the sparkle of the water, how can you buy them? Every part of this earth is sacred to my people. Every shining pine needle, every sandy shore, every mist in the darkwoods, every meadow, every humming insect. All are holy in the memory and experience of my people. We are part of the earth and it is a part of us. The perfumed flowers are our sisters. The bear, the deer, the great eagle, these are our brothers. The wind... gives our children the spirit of life. So if we sell you our land, you must keep it apart and sacred as a place where man can go to taste the wind that is sweetened by the meadow flowers." Chief Seattle